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ABSTRACT

Recognizing the growing population of older learners and seeking to repond to this growing student pool, in January 1989 the League for Innovation in the Community College, in conjunction with the American Association of Retired Persons (AARP), conducted a survey of League member institutions in an effort to identify innovations developed for senior adult services and programs. The survey results included the following: (1) the majority of older adult programs come under what is called Community Services, Adult Education, or Short Courses; (2) most colleges conduct non-credit courses with fees between $25-$50 per class; (3) several colleges allow "audits" of regular courses with fees waived for those over 60; (4) 50% of the League schools say they have a special program and/or center for older adults at their college; (5) League schools involved in Older Adult Education employ many more part-time than full-time staff with more than 80% of those teaching classes for the older adult learner being part-timers; (6) 75% of the colleges surveyed offer non-credit classes to seniors; and (7) full-term courses are often taught to seniors for credit at off-campus sites. Following the summary of survey findings, the report provides individual descriptions of the adult centers and programs offered at 16 member institutions. Then, the report profiles 13 special program offerings, including older adult seminars and curriculum. Appended is a list of contact persons for all colleges and programs profiled. (GFW)

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LEAGUE for INNOVATION
in the Community College

COMMUNITY COLLEGE PROGRAMS

FOR THE

OLDER ADULT LEARNER

JC900479

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Edited by Richard F. Charles and Carol Bartunek
Foothill-De Anza Community College District
April 1989

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FOREWORD

One of the great issues of Community College Education today is that of access. While many forces have historically tried to close that door to allow only an elite trickle to pass through, other more vibrant issues have spoken to responsiveness. Such an issue is that of serving the senior members of our population.

Across the nation, colleges and universities are discovering a new source of students. These students are different in that they are older, more mature, have rich and vibrant life experiences and come to the educational arena ready to grow and learn.

In America today the country is experiencing a revolution of tremendous demographic proportion. The increase in medical knowledge and the great attention to physical fitness in the general population have helped increase the longevity of men and women and extended the retirement and productive period for all.

The League for Innovation in the Community College is at the forefront of educational opportunities for older persons. League schools are expanding their horizons by developing innovative and comprehensive programs for seniors.

The following report is an initial attempt on the part of the League for Innovation to present the various opportunities available for older adult learners among member schools.

LEAGUE for INNOVATION
in the Community College

Dr. Thomas H. Clements
President
Foothill College
April 1989

PREFACE

The League for Innovation has placed a high priority on meeting the emerging needs of senior adults in the educational market place. According to the publication of the institute of lifelong learning, titled College Centers for Older Learners:

> *In 1984, the Census Bureau reported 28 million persons 65 years of age of older. This represents 11.90 percent of the U. S. population, or about one in every eight Americans. This number has increased by 2.3 million or ten percent since 1980, compared to an increase of only four percent for the under 65 population.*
>
> *Assuming a retirement age of 65, senior adults can expect to live an additional 16.8 years. By the year 2000, senior adults over 65 are expected to represent 13 percent of the population, and if current trends prevail, the only population group experiencing significant increases in the next century will be more than 55 years of age.*

The American community college has seen declining enrollments in the number of traditional degree-seeking students coming through its doors. College and university enrollments in general have declined as the last of the baby boomers have completed their education. However, on the other end of the population equation is the increase in the senior adult population. The American community college is in a unique position to take advantage of the demographic shift. As community-based centers the American community college is in an excellent position to develop innovative learning programs and attract ever increasing numbers of senior adults to their campuses.

The League for Innovation and the American Association of Retired Persons (AARP) are currently embarking on a cooperative program to share program information and review issues regarding senior adults in community colleges. Information from this study will hopefully provide a starting point for what types of programs and services are offered at League institutions and perhaps serve as an introduction to what can be accomplished in the future.

The information on member institutions was gathered through a survey sent out in late January of 1989. The survey asked these institutions to identify innovations they developed for senior adult services and programs.

Our thanks to all those who contributed to this study: League Representatives, staff members at Foothill and De Anza Colleges, Colin Bell, Institutional Research at Foothill, Nancy Cole and Karen Webb, and staff members at the League and AARP Offices. An additional thank you to Dr. Thomas H. Clements, President of Foothill College, for his continued support of this project, and a special thank you to all the senior adult students and staff who helped develop this growing enterprise.

LEAGUE for INNOVATION
in the Community College

Richard F. Charles & Carol Bartunek
League Fellows
Foothill-De Anza Community College District
April 1989

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LEAGUE SURVEY

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SURVEY OF OLDER ADULT PROGRAMS AT LEAGUE COLLEGES

In January 1989 a survey asking the following questions was sent to League institutions in order to identify their older adult services and programs. The results were compiled by the Office of Institutional Research at Foothill College, Los Altos Hills, California.

1. Is there an Older Adult Center at your college?

2. If there is an Older Adult Center at your college is it located on campus or off-campus?

3. What percentage of the courses offered in your Older Adult Program are fee-based?

4. What percentage of the courses offered in your Older Adult Program are credit courses?

5. How many full-time equivalent staff positions do you have in your older adult program?

6. What percentage of the staff is full-time?
   What percentage is part-time?

7. What percentage of the courses for Older Adults are part of the Older Adult Program?
   What percentage are courses offered as part of the regular college curriculum?

8. Could you please send us a copy of a course syllabus (green sheet) of any innovative courses for older adults at your college?

9. Could you please send us the names, titles, mailing addresses, and phone numbers of key personnel in the Older Adult Program?

10. On the reverse side of this questionnaire could you please describe your Older Adult Program or include any information that describes your program. We are particularly interested in any innovative aspects of your program so if you could comment on that subject it would help us to promote innovation at other colleges.

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SUMMARY OF SURVEY FINDINGS

- According to the data secured through the survey of Older Adult Programs at League institutions, there seems to be a variety of approaches to services and curricula.
- The majority of the colleges include older adult programs under what is called Community Services, Adult Education or Short Courses. Many of the identified senior programs are joint ventures with community agencies outside the college (i.e. county health department).
- Most of the colleges conduct non-credit classes and charge fees of $25-$50 per class.
- Several colleges indicated that older people are allowed to attend regular college classes with fees being waived for those over 60 and "audit" status being given.
- 50 percent of the League schools said that they had a special program and/or center at their college for older adults.
- 60 percent of the League schools indicated that they had an Older Adult Center on their main college campus while 40 percent indicated such a center was located at an off-campus site.
- League schools indicated that college commitment for staffing was widely divergent. One college maintained 13 full-time staff in their Older Adult Program, while others had none. The average for member institutions is 3.5.
- League schools involved in Older Adult Education employ many more part-time than full-time staff.

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FUNDING OF COURSES & ACTIVITIES

Courses and activities are funded under a variety of different models. While some colleges require full-payment for tuition and fees, others provide classes and programs to seniors free of charge. Generally, colleges offer credit courses at the regular fee level while community service and non-credit special courses are funded at a variety of levels.

- FOOTHILL COMMUNITY COLLEGE - Enrollment fees are reduced for students 60 years of age and older.
- JOHNSON COUNTY COMMUNITY COLLEGE - Seniors pay no fees as a Brown and Gold Club member for most classes.
- LANE COMMUNITY COLLEGE - Charges $20 for a 16-hour Beginning Spanish course.
- MESA COMMUNITY COLLEGE - Has a Wednesday Faculty Lecture Series open to seniors free of charge.
- MONROE COMMUNITY COLLEGE - Offers more than 600 courses each semester, and senior citizens have audited many of them. This opportunity is made available through the Senior Citizens Audit Program.
- MORAINE VALLEY COMMUNITY COLLEGE - Sponsors Senior Seminars, Tours and Classes with fees ranging from $4 to $47.
- PHOENIX COLLEGE - Offers a three-week course titled Stock Market Basics for free.
- RIO SALADO COMMUNITY COLLEGE - Offers a History of Habitats and Wildlife in Arizona over a four-week period for $22.
- ST. LOUIS COMMUNITY COLLEGE AT FOREST PARK - The Summer Symposium for Older Adults has a $12 fee, including a continental breakfast and lunch for workshops.
- ST. LOUIS COMMUNITY COLLEGE AT MERAMEC - "Like many other institutions of higher education, we allow older adults to take any of our classes at 1/2 price."

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STAFFING AND PERSONNEL

It is evident from the survey of Older Adult Programs that staff working in this area are part-time rather than full-time. The information collected indicates that overall leadership for the program falls under full-time college management. However, much of the program coordination, teaching, and staff support is provided by part-time personnel.

- The instructional staff represents a mix between credit/non-credit, regular college, community service and adult education personnel.
- Those coordinating Older Adult Programs for League schools are most often full-time staff.
- College personnel have established working relationships with other community organizations and college/non-college collaboration are producing positive results in program development and senior advocacy.
- More than 80 percent of those teaching classes for the older adult learner are part-timers.

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CREDIT vs. NON-CREDIT

The Older Adult Learner is presented a broad and varied picture when he or she looks at member colleges in the League for Innovation in the Community College. While the great majority of sections offered to this group comes in a non-credit fee-based format, many others are credit and form a part of the regular college offerings.

- 75 percent of the colleges indicated that they offered non-credit classes to seniors. These courses were generally fee based and not part of the general catalog of courses.
- Colleges invite older adult students to take mainstream credit courses. However, those colleges with special older adult programs and services appear to offer full-term courses for credit and those short-term and topical for non-credit.
- Full-term courses, either quarter or semester, are often taught to seniors for credit at off-campus sites during the day. A number of colleges indicated that they adapted and modified credit courses to meet the specific needs of the older adult learners in their classes.
- The non-credit offerings seemed to be more rich and varied in terms of type and format. While full-time credit offerings were more traditional and lecture most often the mode of classroom delivery, non-credit activities seem to be divided up into trips, workshops, seminars, speaker series and modularization of curriculum.

OLDER ADULT CENTERS & PROGRAMS

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OLDER ADULT CENTERS AND PROGRAMS

BAKERSFIELD COLLEGE
Bakersfield, California

CUYAHOGA COMMUNITY COLLEGE
Warrensville Township, Ohio

DE ANZA COLLEGE
Cupertino, California

DELTA COLLEGE
University Center, Michigan

FOOTHILL COLLEGE
Los Altos Hills, California

JOHNSON COUNTY COMMUN ITY
COLLEGE, Overland Park, Kansas

KIRKWOOD COMMUNITY COLLEGE
Cedar Rapids, Iowa

LANE COMMUNITY COLLEGE
Eugene, Oregon

MESA COMMUNITY COLLEGE
Mesa, Arizona

MONROE COMMUNITY COLLEGE
Rochester, New York

MORAINE VALLEY COMMUNITY
COLLEGE, Worth, Illinois

PHOENIX COLLEGE
Phoenix, Arizona

RIO SALADO COMMUNITY COLLEGE
Sun City, Arizona

SCOTTSDALE COMMUNITY COLLEGE
Scottsdale, Arizona

ST. LOUIS COMMUNITY COLLEGE
AT FOREST PARK, St. Louis, Missouri

ST. LOUIS COMMUNITY COLLEGE
AT MERAMEC, Kirkwood, Missouri

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BAKERSFIELD COLLEGE
Bakersfield, California

At Bakersfield College, emphasis on senior services has been in two directions:

(1) involving other agencies in providing services to Seniors (park and recreation districts, senior centers, etc.), and
(2) encouraging seniors to take regular college classes, preferably for credit, but in some cases for audit.

There are a limited number of non-credit classes specifically for Seniors (usually 10-15 sections a semester), and in the credit area they are spread through the regular classes.

Usually around 1,000 Seniors a semester are enrolled in credit or non-credit classes, split about evenly between the two.

Contact:
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Bakersfield, California 93505
805/395-4535

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CUYAHOGA COMMUNITY COLLEGE
Warrensville Township, Ohio

The Cuyahoga Community College Senior Adult Education Program is in its 14th year of providing educational services for older adults of Cuyahoga County. Developed on the premise that lifelong learning continues through the retirement years, the program provides a comprehensive range of educational services which include seminars, workshops, and special events; courses in the humanities, social, behavioral, and biological sciences; and courses on a variety of special interest topics related to health and well-being in the later years. The program is open to persons 55 and over.

Community-Based Program
The Community-Based Program brings the Cuyahoga Community College experience into as many as 40 locations throughout the County where older persons reside or meet. Held in cooperation with offices on aging, Title III nutrition sites, community and senior centers and residences, the program provides localized educational opportunities for those who are confronted with transportation problems.

Elders' Campus
The Elders' Campus, a day-long, weekly program held on both the Eastern and Western campuses, is fast becoming the #1 choice for many of the County's retired persons. Older adults play an integral part in the planning and implementation of the program, from the Advisory Team to the more than 60 Emeriti faculty who bring a wealth of experience and expertise to the classroom each week.

Special Programs
Each Quarter, a variety of special programs is offered in response to community needs and individual requests. These programs, scheduled on the three Cuyahoga Community College campuses as well as in community locations, are sponsored by the College and, in some cases, are held in cooperation with agencies and organizations in the greater Cleveland area.

Contact:
Cuyahoga Community College
Senior Adult Education
Eastern Campus
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Warrensville Township, Ohio 44122
216/987-2274

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DE ANZA COLLEGE
Cupertino, California

De Anza College believes in serving the total community. Older Adult Studies is a comprehensive program working to serve the educational needs of people over the age of 55. In 1975 the Adaptive Geriatric Education Program was developed to meet the needs of the confined elderly in convalescent hospitals.

Non-credit courses are currently taught in six convalescent hospitals and day care facilities, using adaptive curriculum.

A reassessment of community needs brought a shift in focus from the convalescent hospitals to the wider senior community. This program became known as Older Adult Education. Courses were developed and services expanded to include a wide variety of subjects. These were offered in community centers and retirement communities. Today over 2,000 students are enrolled in off-campus courses which are held in 32 different facilities. Los Robles, a quarterly newspaper with a circulation of 8,000 lists a variety of classes ranging from visual and performing arts to history, ethics, religion, sociology, health, literature and computers.

It's imperative that America looks at the social, health, and economic issues of aging to insure a society with an independent, viable future. The Pre-Retirement Education Program, or PREP, was designed to do this.

Other departments on campus offering services to older adults include Adaptive Physical Education and community access cable television programs such as "The Better Part" or "Challenge of Change."

Retirees are training for new roles such as the fast food industry. Students are prepared for work ranging from entry level through future management positions in a class co-sponsored by Harman Management Corporation.

Some students are taking their wealth of experiences and updating skills to become paid child care providers by learning life saving and basic first aid, positive discipline, and recreational activities in a program called ABODE: Ability Based on Older Dependable Experience.

Students gain experience and learn new job skills by working on jobs that are sent to the workshop. Advanced students have the opportunity to go off-campus to work at various locations. Approximately 1000 businesses contract with the Senior Workshop. These range from electronics and computer companies to hospitals and schools. They may be small local businesses or large well-known enterprises..

Retirees are joining younger students in training for new roles by updating and learning new skills to keep pace with the technological mainstream by taking computer classes.

The Elder Care Program focuses on learning how to help an individual maintain maximum independence in the face of chronic or degenerative conditions found most commonly in older adults. Student needs vary from those caring for a loved one, or looking towards their own future, to people working as in-home care providers and residential care home operators.

Older Adult Studies is reaching out to meet the present needs of mature adults as well as training people for the future senior boom. The development of a Gerontology Paraprofessional Program will provide the training needed for new and emerging professions.

Activity director certification is also offered. Activity directors work in convalescent hospitals and they need a broad range of skills from being able to use graphic materials to the design and layout of a newsletter or brochure to assessing a patient's needs and planning an appropriate individual or group activity.

The many programs under the division of Older Adult Studies are keeping pace with the future.

In 1981 the program showed its commitment to sharing its expertise by joining with other colleges to create the statewide forum Community College Educators of Older Adults, CCEOA.

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DELTA COLLEGE
University Center, Michigan

Older students are concerned about their two most precious commodities--time and personal energy. They hesitate to waste either. The attraction of Delta College programming for older learners is based on this rationale, and they make learning fun and as exciting as possible. This requires an innovative approach in choosing instructors who are more than qualified or experienced in their teaching. Delta instructors must have these assets: lively personality, cheerfulness and, most important of all, a great sense of humor. According to the Seniors, Delta College has managed to make education a bright spot in their day.

Delta offers a variety of arts, crafts, and writing courses. Anthropology and Michigan Indian Culture are gaining popularity, but Michigan Seniors are definitely interested in looking good and feeling vital. Dance-exercise and swim-therapy courses are constant and well attended, regardless of great competition from many sources in the area.

Persons aged sixty years and over must pay course and registration fees, but are required to pay only 25% of the tuition costs.

Older Population Programs serves 32 senior centers and other suitable gathering sites in Bay, Saginaw, and Midland Counties. Conveniently for the Seniors, Delta instructors travel to them and present classes preceding or following the noon meal. Delta also presents "Elderhostel" and the A.A.R.P.'s excellent mature driving course "55/Alive."

Contact:
Beverly Blue
Director, Older Population Programs
Delta College
University Center, Michigan 48710
517/686-9418

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FOOTHILL COLLEGE
Los Altos Hills, California

Foothill's Lifelong Learning Program provides college classes designed with older adults in mind. Highly qualified faculty members teach classes--ranging from hiking to literature and from art to computers--and tailor material to adult needs and interests.

Day and evening classes include lectures, discussions, and audio-visual presentations.

With a focus on lifelong education, classes are offered year-round at convenient community sites.

Classes are designed to meet the interests of older adults and are open to anyone with an interest in lifelong learning. Enrollment fees are reduced for students 60 years of age and older. Special registration procedures make enrollment easy.

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Los Altos Hills, California 94022
415/960-4321

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JOHNSON COUNTY COMMUNITY COLLEGE
Overland Park, Kansas

Johnson County Community College leads the way in providing educational, cultural and leisure programs for Johnson Countians of all ages. Recognizing that senior adults are a valued component of the county, the College created the Brown and Gold Club as a special service for adults aged 60 and older. Since its beginning 16 years ago, the Brown and Gold Club has enrolled 8,639 active participants. These participants utilize the multitude of services the College provides, in addition to special programs designed specifically for senior adults.

Classes in both the credit and non-credit course schedules are open to senior adults in Johnson County. Residents 60 or older are encouraged to join the Brown and Gold Club and to register tuition free on a space available basis for most classes.

Contact:
Shirley Park
Program Assistant
Johnson County Community College
12345 College Blvd.
Overland Park, Kansas 66210-1299
913/469-3839

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KIRKWOOD COMMUNITY COLLEGE
Cedar Rapids, Iowa

Kirkwood Community College, in cooperation with the Linn County Health Center, received money from the Older Americans Act through the Iowa Commission on Aging to establish the "Office of Retirement Education and Other Opportunities" (O.R.E.O.). The central purpose of O.R.E.O. was educational and informational "by, with, and for the elderly." The newsletter O.R.E.O. Involvement was started.

Kirkwood Community College in cooperation with the Linn County Health Center, applied to the Iowa Commission on Aging to be officially designated as the Area Agency on Aging for Planning Area X, to serve as a planning, coordinating, funding and monitoring agent for services to the 46,300 elderly (60+). (In 1980, the elderly population had grown to 51,333. In 1988, the elderly population is nearly 54,000 people). The total budget was $105,733.

The Area Agency/Kirkwood Community College submitted an application which established the State's Elderly Area Transportation System (S.E.A.T.S.) which is now operated by each county for the elderly and handicapped. Originally rides were dispatched from the Area Agency office for all seven counties. The total budget was $196,554.

The Area Agency on Aging/Kirkwood Community College submitted to the Iowa Commission on Aging the first congregate meal proposal for 2 sites in Bento County, 3 sites in Linn County, and 3 sites in Johnson County. The total budget for 8 sites was $212,510.

Kirkwood Community College established seven (7) county task forces which are appointed by the County Boards of Supervisors. The Task Force members elect a proportionate number to represent them on the 30-member advisory council, which has the responsibility to vote their recommendations on all goals, objectives, and budgets of the area agency. Over 200 volunteers meet monthly to advise the area agency on its programs.

On November 5, 1975, the Advisory Council voted to officially change the name of the Area X Area Agency on Aging to the Heritage Area Agency on Aging.

The budget is $2,506,893 dollars. The elderly themselves donate $892,394. There are 41 meal sites, and 563,905 congregate and home-delivered meals will be served in fiscal year 1989 (July 1, 1988 - June 30, 1989).

The Heritage Area Agency on Aging provides funding for:

1. Elderly Employment
2. Meals
3. Information & Referral
4. Outreach
5. Chore Services
6. Adult Day Care
7. Transportation
8. Legal Services
9. Advocacy
10. Case Management
11. Home Repair
12. Respite Care

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Recent Major Accomplishments

1. Involvement Magazine has gone from 4 to 24 pages and reaches 36,000 households 10 times a year.
2. Established a Case Management Program to help frail elderly stay in their own homes for as long as possible instead of going into a nursing home.
3. Produced a 2-hour videotape to train people who are mandated by Iowa law to report Dependent Adult Abuse.
4. Operated a 2-year Outreach Project in Linn and Jones Counties to help elderly who have mental health problems.
5. Helped establish nine (9) senior centers in the area.
6. Established a new Respite Program.
7. Trained the Care Review Committee volunteers at nursing homes.

Purpose

The Heritage Area Agency on Aging has three primary reasons for being:

1. Advocacy - helping to reduce barriers the elderly face.
2. Planning and developing programs for and with the elderly.
3. Funding - providing a conduit for federal, state, local, and individual contributions to elderly programs.

Kirkwood Community College donates the office and meeting space and bookkeeping services. Kirkwood does not charge any indirect costs (valued at approximately $60,000 per year).

Contact:
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Heritage Area Agency on Aging
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Cedar Rapids, Iowa 52406
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LANE COMMUNITY COLLEGE
Eugene, Oregon

The senior population is served primarily through the Community Education Division. The College wants to enhance its services to seniors and is in the process of forming a seniors' advisory committee which will assist in developing a seniors' program.

Program Information

- For any senior, at least 62 years of age, LCC offers all classes, non-credit and credit, for $15 tuition plus fees.
- LCC works closely with local Senior Centers, and we offer classes in their facilities.
- LCC works with local agencies serving seniors and with the Gerontology Department at the University of Oregon.
- LCC is the local sponsor for Retired Senior Volunteer Program (RSVP) and Senior Companion Program (SCP). These are federal ACTION programs and LCC acts as the local fiscal and management agent.
- LCC offers at least two "55 Alive Mature Driving" classes each term. These are sponsored by the American Association of Retired Persons (AARP) and are for automobile drivers who are 55 or older. Some insurance companies offer discounts on insurance for those who complete the class. No tuition or fees are charged by the College, but seniors do pay $7 to AARP.
- LCC offers 25 to 30 classes per term in nursing homes at no charge. Classes are not advertised and usually focus on exercise and current events.
- The class schedule contains a special section for seniors, "Opportunities for Older Adults."

Contact:
James Ellison, Dean
Lane Community College
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Eugene, Oregon 97406
503/741-3077 or 747-4501

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MESA COMMUNITY COLLEGE
Mesa, Arizona

Senior Adult Program

Long and Short-Range Planning
Program Development
Opportunity Fair
Faculty Lecture Series
"Special Programs"
Market Programs
Utilization of an Advisory Council
On-line Registration of Students
(A&R and Fiscal Process at 1/2 Fee)
Program Evaluation
Budget Development
Revenue & Expense Accounting

TITLE V - Older American Workers

Administration of the Federally-Funded Program
3 - 20-hour-per-week employees
Placement
Payroll, Timecards
Reporting Requirements
Accounting for Grant Program

Contact:
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MONROE COMMUNITY COLLEGE
Rochester, NewYork

Monroe Community College has a Senior Citizen Audit Program for those students age 60 and older. Students audit courses at the College without charge if there are seats available. The Counseling Center provides special advising, registration and support activities for Senior Citizen Auditors. A newsletter is also published for the Senior Citizen student population.

Contact:
James Terrell
Monroe Community College
1000 East Henrietta Road
Rochester, New York 14623-5780
716/424-5200

LEAGUE for INNOVATION
in the Community College

MORAINE VALLEY COMMUNITY COLLEGE
Worth, Illinois

The Center for Gerontological Programs sponsors seminars, tours and classes specifically for older adults. These are fee-based programs and range in length from one-day seminars to ten weeks. A brochure listing the offerings is published quarterly and mailed to the homes of persons over the age of 60 in the community.

Contact:
Norine Fitzpatrick
Emeritus College
Moraine Valley Community College
10900 S. 88th Avenue
Palos Hills, Illinois 60465
312/371-3800, ext. 366

LEAGUE for INNOVATION
in the Community College

PHOENIX COLLEGE
Phoenix, Arizona

The Senior Adult Program was established to provide programs and services of particular interest or benefit to the older person. All activities are open to anyone regardless of age.

A variety of educational experiences are offered including free workshops and lectures, credit and non-credit classes of varying length and one time special events utilizing the talents and skills of faculty, students, community professionals and retired persons.

Other features of the program include informal discussions with emphasis on sharing experiences and friendship, information and referral for those who seek solutions to problems or aid outside the campus, course advisement, help with registration and academic concerns.

There is a Senior Adult Service Association that acts as advocate for the older students and assists in planning and carrying out program activities.

An advisory committee of interested faculty, students and community members serve to guide the program.

Contact:
Jean Maver
Coordinator, Senior Adult Program
Phoenix College
1202 W. Thomas Road
Phoenix, Arizona 85013
602/285-7191

LEAGUE for INNOVATION
in the Community College

RIO SALADO COMMUNITY COLLEGE
Sun City, Arizona

Rio Salado Community College offers over sixty different academic and special interest classes. Academic classes may be taken for credit as well as non-credit. Advisors are available to help students make class selections.

At Rio Salado students will find:

Challenge and stimulation without stress
Classes of varying length flexible enough for the busiest schedule
Low fees
Outstanding instructors
A social atmosphere
Programs designed specifically for the mature adult.

Fascinating Friday Lectures are a festival of weekly lectures given every Friday morning at 9:00 A.M. throughout the year. Presenters include Rio Salado's outstanding professors, community experts and talent. Enjoy presentations on a continually changing list of topics such as humor, literature, politics, car repair, law, relaxation, memory and computers.

The New Mature Woman Program focuses on growth and personal development through conferences, seminars, courses and groups.

Adventures in Learning is an exciting program designed for older adult students who are taking classes for personal enrichment, but who want direction in their studies. "Adventures" are college courses grouped together under a topic or theme. Choosing a particular "adventure" enables students to build upon ideas or information learned with each class they take.

Never Too Late is a program designed to encourage and support students who may wish to work toward an Associate Degree.

Computer Literacy Institute provides an opportunity to take a byte of an Apple IIe. Sun City students working in the computer lab are finding computers are fun. With Open Entry/Open Exit classes in the computer lab, students can work at their own pace at times of their own choosing. Beginners are welcomed and encouraged to take our most popular course Computer Literacy. This course covers word processing, database and spreadsheet for the beginner. It is an overview of common computer applications.

Contact:
Rio Salado Community College
10451 Palmeras Drive
Sun City, Arizona 85373
602/974-9939 or 972-1772

LEAGUE for INNOVATION
in the Community College

SCOTTSDALE COMMUNITY COLLEGE
Scottsdale, Arizona

The Scottsdale Community College Senior Adult Educational Program's primary purpose is to involve retirement age adults in regular inter-generational credit courses on campus, and to work with residential faculty to modify courses or develop new ones to better fit the lifestyle and interest of older students.

Since the program's beginning in January 1976, residential faculty have taught the credit courses. Retirees and residential faculty are the primary instructors for non-credit courses, and the faculty speak for the Monday Afternoon Lecture Series. This extensive utilization of residential faculty encourages enrollment in regular credit courses. It provides the campus with a broad perspective of student needs, and brings many and varied talents and resources to the campus and the classroom.

Another innovative aspect of the program is the Senior Adult Writing Project. (This is the only program sponsored activity that has an age restriction--one must be 60 or older to submit a manuscript). Two books have been published, and the first, A Map of Days is almost sold out. The second, A Second Map of Days just came out November 14, and is selling rapidly. Both books are available in the campus bookstore, and in several retail bookstores in the metropolitan area.

An innovative aspect of this project too, is that SCC residential faculty members are very involved, from reading and rating manuscripts, to editing. The two co-editors are residential faculty, one is emeritus. The editor is a part-time English teacher at SCC and works for the Senior Adult Educational Program.

The program also co-sponsors activities with other agencies. Examples include the on-campus travel series sponsored with the Scottsdale Senior Center. Also a series "In Celebration: Learning from Each Other" was cosponsored with various ethnic senior centers in the Phoenix area. This series focused on the heritage and culture of the various groups. Stories, music, dance, costumes, and food native to the group were shared at an on-campus celebration of one of the holidays of the group represented. Holidays celebrated have included Hanukkah, Chinese New Year, Cinco de Mayo and others. This series fostered good community relations for SCC and brought many people to campus who otherwise might not have come.

This series, the religion series, and other innovative programs and courses promote awareness and celebrate cultural, religious and age diversity, while increasing tolerance and understanding.

The program offerings are extensive and occur on a continuing basis. It exists with a minimal budget and two full-time nine-month positions.

Contact:
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Scottsdale, Arizona 85253
602/423-6559

LEAGUE for INNOVATION
in the Community College

ST. LOUIS COMMUNITY COLLEGE
St. Louis, Missouri

Brief Description of Programs

Seminars for Seniors Program was launched in the mid-1970's at the Meramec campus of the St. Louis Community College. It is still growing and has served as a model for two similar programs for older adults on the Florissant Valley and Forest Park campuses.

Seminars for Seniors is offered once a month. Speakers vary from one seminar to another. The seminars are free and draw from 50-100 participants per session. These seminars are offered on campus at Florissant Valley and off campus at Meramec.

Summer Symposium for Older Adults has been offered for 6 years on the Forest Park campus. Efforts are concentrated on this annual event. Participants spend the day on campus attending workshops of their choice.

Every semester a four-week Retirement Planning Seminar is offered. Although anyone 16 years or older can participate in this course, generally older adults make up the largest number of participants.

A variety of physical fitness and recreational activities are provided for older adults. Some of these activities are open to adults of all ages, but the focus is clearly on middle-aged and older persons. All of these are non-credit continuing education classes.

Contact:
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5600 Oakland Avenue
St. Louis, Missouri 63110
314/644-9175

Institute for Continuing Education
St. Louis Community College at Meramec
11333 Big Bend Blvd.
Kirkwood, Missouri 63122
314/966-7777

OLDER ADULT SEMINARS, CURRICULUM AND SPECIAL OFFERINGS

LEAGUE for INNOVATION
in the Community College

OLDER ADULT SEMINARS, CURRICULUM AND SPECIAL OFFERINGS

- **THE BROWN & GOLD CLUB - CLASSES**
  JOHNSON COUNTY COMMUNITY COLLEGE
- **COMPUTER LITERACY INSTITUTE**
  RIO SALADO COMMUNITY COLLEGE
- **COPING SKILLS FOR CAREGIVERS**
  LANE COMMUNITY COLLEGE
- **THE DE ANZA COLLEGE ABODE PROGRAM**
  DE ANZA COLLEGE
- **THE DE ANZA COLLEGE SENIOR WORKSHOP**
  DE ANZA COLLEGE
- **GETTING TO KNOW YOU**
  DELTA COLLEGE
- **MACINTOSH WORLD**
  FOOTHILL COLLEGE
- **NEVER TO LATE**
  RIO SALADO COMMUNITY COLLEGE
- **THE NEW MATURE WOMAN**
  RIO SALADO COMMUNITY COLLEGE
- **REACH PROGRAM**
  FOOTHILL COLLEGE
- **RETIREMENT PLANNING**
  ST. LOUIS COMMUNITY COLLEGE AT MERAMEC
- **SEMINARS FOR SENIORS**
  ST. LOUIS COMMUNITY COLLEGE AT FOREST PARK
- **SENIOR COMPUTING CLASS**
  FOOTHILL COLLEGE

LEAGUE for INNOVATION
in the Community College

THE BROWN AND GOLD CLUB
Johnson County Community College

The following courses are samples of classes either specifically designed for seniors but open to all students.

Tracing Your Family Roots: An Introduction
This is an introductory course in tracing your family roots. Topics covered will be an introduction to genealogy, record-keeping systems, library research, records research, genealogical societies, publications, lists, charts and family trees. Designed especially for seniors, the course is open to all. (3 sessions) $12

Microcomputing for the Genealogist
If you are suffocating under tons of genealogical records, here is a chance to computerize your family tree. The class will introduce you to the Apple microcomputer (Apple IIe), Family Roots (genealogy record keeping) and Apple Works (word processing and data base) programs which can be used for correspondence, storage and accession of records, and mailing lists. (3 sessions) $12

Advanced Genealogy
If you have taken basic genealogy classes and are ready to sharpen your research skills, this class will help you on your way. Two field trips are included. Limited enrollment. (4 sessions) $10

CONTACT:
Johnson County Community College
Community Education
12345 College Blvd.
Overland Park, Kansas 66210-1299
913/469-3839

The following computer courses have been designed for Brown and Gold members only. Because of anticipated demand, registration is handled on a first-come, first-served basis via telephone or walk-in registration only. (Some ability to type will help the student get the most from these courses.)

Demystifying the IBM Compatible Personal Computer
Microcomputers have revolutionized our lives. In this class, Brown and Gold Club members will explore how the IBM computer operates and learn some of the basic terminology. Each participant will have a machine to "command" as we start it up and learn some operating principles. Those familiar with the typewriter keyboard will quickly discover the fantastic powers of word processing. The course will also include demonstrations of several software programs. Enrollment is limited to 15. (1 session) $10

Demystifying the Apple II Computer
This course will help take the mystery out of how a computer operates. The Apple II is the machine widely utilized by elementary through high school systems to introduce computer skills to students. We will cover basic terminology, find out how the computer works and how the user controls the Apple II computer. Each participant will have a computer to work on as we explore Appleworks word processing. Demonstrations will include a variety of software packages designed for particular tasks. Enrollment is limited to 20. (1 session) $10

LEAGUE for INNOVATION
in the Community College

COMPUTER LITERACY INSTITUTE
Rio Salado Community College

Sun City students working in the computer lab are finding computers are fun!

With Open Entry/Open Exit classes in the computer lab, students can work at their own pace at times of their own choosing.

Beginners are welcomed and encouraged to take the very popular course:

BPC - 100 - Computer Literacy

This course covers word processing, database and spreadsheet for the beginner. It is an overview of common computer applications.

In-depth courses for the more experienced users include:

Wordstar

Basic Programming

Spreadsheet

Database

CONTACT:
Rio Salado Community College
10451 Palmeras Drive
Sun City, Arizona 85373
602/974-9939 or 972-1772

LEAGUE for INNOVATION
in the Community College

COPING SKILLS FOR CAREGIVERS
Lane Community College

"Coping Skills for Caregivers" is a twelve-hour course designed for families caring for frail elderly or disabled individuals in their homes or at a distance. Topics include reducing stress and guilt, accessing community resources, safety concerns, family decision-making and building emotional support.

BRIEF DESCRIPTION OF PROPOSED INSTRUCTIONAL METHODS AND FORMAT:

The twelve-hour course is conducted in two-hour class sessions over a six-week period. Group discussion and personal sharing are encouraged. Instructional methods include pre-testing and post-testing with appropriate follow-up, lectures with wall charts and overhead transparencies, dramatic slide and video presentations, guest speakers, readings, discussions and role-plays.

BRIEF STATEMENT OF CLASS GOALS (Why should the student come? What will they get out of the class?):

Students receive assistance in coping with the stresses of caregiving through

a) gaining an understanding of caregiving stress and the benefits of active stress management,
b) developing coping skills for managing caregiving stress,
c) learning how to access and coordinate care provided by others, and
d) learning how to manage behavioral problems and safety concerns associated with specific diseases and disabilities.

CONTACT:
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Community Education Division
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Eugene, Oregon 97406
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LEAGUE for INNOVATION
in the Community College

THE DE ANZA COLLEGE ABODE PROGRAM
De Anza College

NEED

As people live longer and more women are working outside the home, the problem of taking care of homebound elderly parents or incapacitated spouses is becoming more acute. The cost of this growing trend is reflected in absenteeism or loss of employees, jobs not completed on time, and added stress for the worker resulting in lower productivity in business.

Finding reliable, trained, quality in-home caregivers to families in this situation is extremely difficult. Part-time and full-time trained workers are badly needed in this field. They should be considered paraprofessionals, and compensated as such.

OPPORTUNITY

The De Anza College ABODE Program trains persons to take care of elderly people in their homes. Home caregivers will give companionship and perform simple household chores, cooking and personal care for the elderly.

Topics covered in the class are processes of aging: psychological and physical, nutrition, personal hygiene, proper ways of assisting the handicapped, maintenance of the emotional and physical environment of the elderly, safety and health considerations, and rights and responsibilities of caregivers and clients.

CONTACT:
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Older Adult Studies
De Anza College
21250 Stevens Creek Blvd.
Cupertino, California 95014
408/996-4877

LEAGUE for INNOVATION
in the Community College

THE DE ANZA COLLEGE SENIOR WORKSHOP
De Anza College

PROGRAM HISTORY

The De Anza College Senior Workshop, located at the Sunnyvale Senior Center, Sunnyvale, California, was created to offer the senior population, 55 years of age or older, a unique opportunity to develop vocational competence with available hands-on experience from the acquisition of work from local businesses. The workshop program was introduced for 'students' to participate with a supportive, social environment by receiving classroom instruction while at the same time allowed to earn spending money to help offset the rising cost of living.

Since the workshop's inception in 1981, the program has expanded to meet the changing needs and desires of the senior community. Participants come to the program for a variety of reasons. One element, common to all, is the desire to gain self-confidence and to maximize individual potential for competitive employment or to re-enter the work world. Although the backgrounds of individuals are as diverse as their particular goals, the curriculum offers a program designed to satisfy the practical needs of everyone.

Participants enter the program with varied work experiences, ranging from full-time professional employment to individuals who worked for only a short time to those who have no previous work history. Daily lectures, taught by qualified instructors, with subsequent work labs, focus on occupational awareness and basic vocational skills appropriate for the older adult.

Classes are divided into two segments, a morning lecture followed by a work lab. Typical lectures include topics relevant to seniors, such as money management, health care, nutrition, and available community services. Vocational subject areas include occupational assessments, job exploration, production techniques, inventory procedures, light-assembly skills, and more.

SERVICES

To fully support the adaption of applied work skills, and to assure a self-sufficient program, it is necessary to procure sub-contract work from local businesses. Over the years the workshop has successfully developed a positive rapport with local industry in obtaining contracts. Many newly established companies and small businesses with minimal staff require the use of workshop services to help ease employee time, as larger, more prominent companies, often need help with projects involving work overflow. To maintain the workshop's high quality of standards and workmanship staff associates oversee all work to ensure the utmost in quality control.

Most work is performed at the Sunnyvale site, but occasionally, due to the nature of the assignment, participants are able to complete work at a company's location.

CONTACT:
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LEAGUE for INNOVATION
in the Community College

GETTING TO KNOW YOU
Delta College

GETTING TO KNOW YOU I

This discussion group is especially designed for institutionalized elderly. It features interpersonal communication thru reminiscing. It involves sharing thoughts and experiences, expressing feelings, and gaining an appreciation of oneself and others.

People of all ages like to learn and want to strive. This is accomplished by sharing and interacting with others. The basis for sharing is the wide range of life experiences which the elderly possess.

As a result of the discussion group the participants will learn how to: find ways to broaden their horizons, communicate more effectively, and enjoy the world around them.

Also, the program enhances the participants sense of self-esteem by providing a sense of acceptance, mutual concern, purpose, and accomplishment.

GETTING TO KNOW YOU II

This advanced course stresses individualized personal interests as suggested by a Sample Discussion Topics list.

COMPONENTS OF THE PROGRAM

The entire program consists of eight, 90-minute sessions. These sessions are scheduled once weekly and are conducted at the nursing home facility where resident-participants live.

All eight sessions are part of a three-phased program.

Phase One emphasizes building the feeling of group.

Phase Two focuses on exercise which facilitate a sense of relatedness between past experiences and current events.

Phase Three emphasizes methods by which the group identifies ways to continue the discussions beyond the conclusion of the eighth session.

During the group building phase, participants spend several sessions getting acquainted and sharing favorite things. Later, current events are discussed and compared with similar past life experiences via reminiscing.

The discussion group is limited to twelve to fifteen members. Demonstration sessions are scheduled for those facilities that would like to know more about the program.

There is no cost involved for those persons having attained 60 years of age and over.

CONTACT:
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Older Population Programs
Delta College
University Center, Michigan 48710
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LEAGUE for INNOVATION
in the Community College

AN INVITATION TO THE MACINTOSH WORLD
Foothill College

Foothill's CIS (Computer Information Systems) Division is adding to Apple's Mac World by making classes available throughout the community to all age groups including seniors. By Spring Quarter '88 a number of senior centers will have fully accredited Mac classes with hands-on lab exercises taking place at the Middlefield Campus.

At the heart of this expansion is the user-friendly Macintosh computer which functions much the way we think by simply pointing and clicking at an icon or picture-like image on the Mac's highest resolution screen. In a few short sessions, seniors at the Palo Alto Senior Center have been able to create, edit, format and graphically illustrate letters. It is as if they were in the presence of something magical and miraculous. And once they've mastered one software application the same consistent format is encountered throughout this reliable and predictable odyssey into the microsphere of the computer chip. Suddenly a whole new world opens up from electronic spreadsheets that will compute a wide range of calculations in nanoseconds to Desk Top Publishing which makes possible state-of-the-art flyers, newsletters, professional publications and yes, even a book.

And what might be the ancillary benefits for would be celebrants at the Mac banquet? Occasionally "MacMates" have formed through the romantic alliance of working on a common purposeful task. More often, deep and abiding friendships have emerged as evidenced in our monthly user-group MUCHO Macintosh Users Club Hands-On). Additionally, there is the bridge building with the younger generation vis-a-vis computer literacy. The highly contracted language of RAM and ROM and BITS and BYTES becomes demystified. Finally, there is the exciting forward and outward focus so that one is challenged to exercise their mental, physical, and event metaphysical orientation, thus increasing the probability of remaining contemporary and becoming individuated.

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Los Altos Hills, California 94022
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LEAGUE for INNOVATION
in the Community College

NEVER TOO LATE
Rio Salado Community College

At Rio Salado Community College there is the belief that learning is a lifelong process. It is never too late to develop new interests and enjoy new experiences. In fact, mature adults who continue to set goals and achieve them to live longer and have more vitality. Seniors are invited to experience the excitement and satisfaction of earning a college degree.

AN ENVIRONMENT FOR LEARNING

Rio Salado/Sun Cities has created a friendly, relaxed atmosphere for learning. The faculty is not only highly qualified in the subjects they teach, they are also trained in methods of teaching adults of varied experiences and talents.

Regular social activities are planned to encourage a free exchange of ideas. Many friendship are formed out of this open, academic environment.

WHO ARE *NEVER TOO LATE* PARTICIPANTS?

- Adults seeking intellectual stimulation.
- Adults who want to explore and better understand the world today.
- Adults who enjoy new experiences and making new friends.
- Adults who challenge themselves by setting and achieving goals.
- Adults who may have put their children through college and now decide it's their turn to learn.
- Adults who may not have been in school for 30, 40 or 50 years.

CONTACT:
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10451 Palmeras Drive
Sun City, Arizona 85373
602/974-9939 or 972-1772

LEAGUE for INNOVATION
in the Community College

THE NEW MATURE WOMAN
Rio Salado Community College

The New Mature Woman Program provides exciting experiences for growth and personal development through participation in conferences, seminars, courses and groups.

CONFERENCES Periodic half-day conferences are held exploring maturity in such areas as:

Beauty	Security	Communication
Identify	Self Esteem	Relationships
Intellect	Creativity	Physical Well-being

SEMINARS The Maturity Challenge Seminar is team-taught over a ten-week period, providing specific skills and techniques for developing natural abilities and furthering personal growth. The focus in on the areas of identity, intellect and physical well-being.

COURSES The following courses provide the opportunity to gain expertise in areas which are of particular interest and benefit to women.

Assertiveness Training	Improving Memory Skills
Exploration of Values	Personal Journal Writing
Exploring Creativity	Fitness for Life
Improve Your Appearance	Hatha Yoga
Financial Planning for Women	Single Again
Human Sexuality for Mature Adults	Speed Reading
Eliminating Self-defeating Behavior	Stress Management

GROWTH Women who attend the conferences and have completed the Maturity Challenge Seminar continue to interact and participate through small groups. These women are encouraged to become mentors, reaching out, sharing and encouraging other women, while continuing their own personal growth.

CONTACT:
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LEAGUE for INNOVATION
in the Community College

REACH PROGRAM
Foothill College

The Foothill College REACH Program is designed to provide the essential, and currently missing, link between outpatient rehabilitation and full community reintegration by offering educational activities designed specifically for individuals recovering from Cerebral Vascular Accidents (CVA). The unique element of this program is that active participation in the learning process as a student, rather than a patient, should facilitate a high level of improvement.

The purpose of the REACH Program is to teach students to develop to their maximum physical, emotional, and social potential, to recognize and accept their limitations, and to develop a responsible, positive attitude toward themselves, their families and their communities.

When first enrolled in the program, each student will be seen by specialists and their needs will be assessed. An Individualized Educational Program will be developed for each student, based on the student's goals and the specialists' recommendations. Initially during Spring Quarter 1989, classes will be scheduled from 9:30 a.m. to 2:10 p.m., Mondays and Wednesdays, with expected expansion to a full-time program by Fall 1989.

The student's schedule might include any of the following:

Independent Living Skills - Skills for independence in activities of daily living; i.e., bed mobility, dressing, home management including meal preparation, work motion economy, use of adapted equipment; retraining or exercise for use of affected upper extremities, including gross and fine motor coordination.

Mobility and Remedial Fitness Techniques - Gait training and stair climbing; transfers; mobility, balance and ambulation; exercises to learn coordination, muscle retraining and strengthening; relaxation and stress reduction techniques; pain management.

Speech/Language/Hearing - Communication skills; re-education in expressive language, motor-speech production; evaluation of chewing and swallowing; emergency procedures; computer-assisted language, memory and cognitive retraining.

Counseling - Individual and group counseling; values clarification; adjustment to disability; realistic goal setting; use of leisure time; community re-entry; family counseling.

The program offers students and their families the opportunity to learn and practice skills to remediate, circumvent, and to deal with their own specific limitations, so they can achieve their highest level of independence.

Admission to the program is open to any resident of Santa Clara County. Acceptance into the program is based on a physician's recommendation, certification of handicapping condition and assessment of the student's potential to benefit from the program.

CONTACT:
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Los Altos Hills, California 94022
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LEAGUE for INNOVATION
in the Community College

RETIREMENT PLANNING
St. Louis Community College at Meramec

Here is a program that can help you prepare for the most interesting and enjoyable part of your life--your life in retirement. Most of us daydream about things we hope to do "someday", but by planning for your retirement years you can make most of these dreams come true. Medical science is continually extending our active life span, and with many people still retiring early, we can easily spend one quarter or more of our lives in retirement. The need to make plans for these future years is evident, and in this program we can help you get started by suggesting ways to increase income, organize your legal affairs, explore housing options, and even improve your health. A retirement planning handbook is provided. Husband and wife are encouraged to attend together, and one handbook will be provided for each couple to share. *Fee includes handbook.

1st Week PLANNING YOUR RETIREMENT-An overview of why planning is necessary, and how to make your plans.
USE OF LEISURE TIME-Leisure problems? Activities for recognition, adventure, learning, health and income.
MID-LIFE ROLES-A new life-style! How to make the change.

2nd Week HOUSING CHOICES-Where to retire? Move or stay put? Buy or rent? Condominiums?
DYNAMIC FITNESS-You can prepare for a healthier tomorrow.

3rd Week LEGAL READINESS-Contracts, Wills, Joint Accounts, Probate-When you need a lawyer and where to find one.
ESTATE PLANNING-You have more than your think. How to manage your assets.

4th Week FINANCIAL SECURITY-How much income will you need? For what? Why budget? Tips on reducing expenses. What about early retirement? SOCIAL SECURITY-How to estimate your benefits. Who gets what? Medicare A & B-Medicaid-All the things you wanted to know.

CONTACT:
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St. Louis Community College at Meramec
11333 Big Bend Blvd.
Kirkwood, Missouri 63122
314/966-7777

LEAGUE for INNOVATION
in the Community College

SEMINARS FOR SENIORS
St. Louis Community College at Forest Park

Seniors are encouraged to join other adults for a week of interesting classes on the Forest Park campus. These enrichment classes are planned for a time when the students are on summer break so the program can take advantage of the college's resources.

Sessions include topics such as an overview of the archaeology of the Missouri/Illinois region; an armchair traveler slide presentation on the wonders of the United States; courses on biograpical writing and short story appreciation; a study of the influence of world landmarks on the architecture of St. Louis; and an overview of fitness activities which highlights the fitness spectrum of endurance, flexibility strength and cardio-vascular (aerobic) conditioning.

The registration fee is $44 and includes lunch. Seminars run one week, Monday through Friday, from 9:00 a.m. to 3:30 p.m. As regular classes are not in session, there's plenty of free parking available.

CONTACT:
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St. Louis Community College at Forest Park
5600 Oakland Avenue
St. Louis, Missouri 63110
314/644-9175

LEAGUE for INNOVATION
in the Community College

ATTRACTING AND KEEPING OLDER STUDENTS IN SENIOR COMPUTING CLASSES
Foothill College

For more than three years, students at the Palo Alto Senior Center have immersed themselves in special "user-friendly" computer classes offered by Foothill College's Lifelong Learning Program. These classes consistently attract large numbers of people from diverse backgrounds who want to learn about computers in a low-risk, friendly environment. Some students travel long distances from all parts of Silicon Valley to participate. Waiting lists rapidly fill for each coming quarter's classes. This is one class that attracts large numbers of men to senior center programs.

OUR GENTLE CURRICULUM

A special curriculum has been designed for older students that introduces new software at a gentle pace on the easy-to-learn Macintosh computers. The curriculum emphasizes practice instead of speed.

When courses first started, students were handed an eight-page homework assignment to complete over several weeks. That approach was dropped quickly; now they are given a one-page handout for weekly assignments. Often the handouts are illustrated. Introducing small bits of information with opportunities to practice is consistent with research on how older adults learn.

Beginning students learn MacPaint, a graphics software, and MacWrite, a word processing program, in a 12-week quarter. They attend a two-hour lecture that introduces the topic of each week's lab. It's possible to repeat the beginning class; some very smart people do repeat classes until they feel comfortable with running a computer. Some repeating students enjoy learning the details they may have missed the first time. For more advanced students, the program offers a software survey and specialized classes in graphics, desktop publishing and spreadsheets.

The program has learned that it is important to structure lectures with frequent review. Teachers unfamiliar with teaching older adults have been unsuccessful teaching senior computer classes because they introduce too much information too fast and they don't review.

THE LAB EXPERIENCE

The biggest difference between senior computing classes and typical computer classes can be seen in the lab which has only six Macintoshes and printers and accommodates only six students at a time. The instructor works closely with lab aides to make sure they understand the homework and the software before working with the students. The lab aides then are truly helpful to students in two-hour sessions that tend to review one particular skill. The small lab size plus the personal attention ensure each student's progress.

When the program started, low-paid, young student employees were recruited to man the lab, but they didn't have the commitment needed. Lab teachers were recruited from the ranks of the senior students and paid relatively well. They are an extremely stable and effective group. When the college offered to make the lab the responsibility of one full-time lab aide, the program chose to keep its team of four diverse talents and personalities.

SUPPORT JOBS IN SENIOR COMPUTING

A well-organized instructor who lectures clearly and amusingly is the key person in a senior computing program. But to make his or her job easier, some support staff is needed. The program's goal is a smoothly running program, and many details are constantly monitored.

The program has a coordinator who publicizes the classes, hires the lab aides, enrolls students in the labs, orders supplies such as disks and paper, and hauls broken machines to the main campus for repairs. If something goes wrong, it's the coordinator's job to solve the problem when it's relatively minor. The coordinator works about five hours a week.

The other key assistant maintains the integrity of the disks, checking program software to make sure students have not altered it in their zeal to manipulate the machines. Disks do wear out and it is helpful to have one person in charge of that aspect of keeping the lab running.

The program tries to change software to keep current with the computer world, as well as with students who bring their new software to the program's attention. The support staff work with the instructor and the college administration to purchase the software, write curriculum and plan the classes. Then it's necessary to get the software working in the lab and to train the lab aides in it. Keeping current is demanding, but it pays off in attracting students to the senior computing classes.

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DIRECTORY

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